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Contact: Gary Sky, Public Information Officer (303) 846-6245

Tri-County Health Department Offers Supplemental Groceries to Low-Income Women, Infants and Children

Tri-County Health Department offers free groceries and nutrition counseling for children up to age five and to pregnant and breastfeeding women. Qualifying people must live in Adams, Arapahoe or Douglas Counties, and meet specific income guidelines. Families who receive Medicaid, Food Stamps and/or TANF are automatically eligible for WIC.

Specific nutritious foods are available, including milk, cheese, eggs, cereal, peanut butter, beans and fruit juices.

WIC participants are also offered personalized nutrition counseling, breastfeeding education and support, children's immunizations, smoking cessation education and referrals to other healthcare and social service programs.

WIC contributes to improved pregnancies and healthier children, resulting in better health and dramatic savings in medical care costs.

Tri-County Health Department has 10 WIC office locations. Appointments are required. Call (303) 288-6816 for more information or visit their website, www.tchd.org/wic.htm.

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